

LS Ham Veggie Omelet⁵

Number of Servings: 5 (228.04 g per serving)

Amount	Measure	Ingredient
3 1/4	oz	Pork, cured ham, 96% fat free, low sod, add wtr
5.00	ea	Eggs, whole, raw, lrg
1/8	tsp	Spice, pepper, black
1 1/8	cup	Milk, nonfat/skim, w/add vit A & D
10.00	ea	Cooking Spray, butter flvr, 1/3 sec spray
1 1/3	cup	Squash, summer, all types, fresh, slices
1.00	cup	Onion, white, fresh, chpd
1.00	cup	Asparagus, fresh
2 1/2	oz	Cheese, cheddar, low sod, shredded

Nutrients per serving

Nutrition Facts		
Serving Size (228g)		
Servings Per Container		
Amount Per Serving		
Calories 200		Calories from Fat 100
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 5g		25%
Trans Fat 0g		
Cholesterol 235mg		78%
Sodium 260mg		11%
Total Carbohydrate 9g		3%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 16g		
Vitamin A 15% • Vitamin C 15%		
Calcium 20% • Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Spray counter pan(s) with nonstick spray, add vegetable oil and sliced/chopped vegetables. (Use 12X24inch pan for each 24servings) Bake in 450 degree oven for 30-45 minutes to saute (stir occasionally) or saute in same pan on stove top until vegetables are firm but tender.

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over sauteed vegetables. Sprinkle cheese over top bake at 325 degrees for 30 minutes to 1+ hour or until set, 180 degrees F internal end-point temperature. Baking time will depend on temperature of ingredients when combined. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

If asparagus is not available chopped broccoli may be substituted. Likewise, if summer squash is not available a similar vegetable may be substituted. Substitutions will vary nutrient analysis depending upon vegetables used.

Each piece = 2 oz protein + 1 vegetable

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Each piece = 1/2 CS

Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.

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